

## ABSTRACT

5           [046] The invention is incorporated in an exercise device comprising three blocks: a "first block", a "second block" and a "third block". Each block has a horizontal platform (herein, "first horizontal platform", a "second horizontal platform" and a "third horizontal platform") upon which the user can stand on and perform all types of exercise activity. It is preferred that three blocks are connected together by  
10 two hinges (herein, a "first hinge" and a "second hinge"). It is also preferred that the three block be of graduating heights. It is preferred that the first hinge be connected between the first block and a first vertical corner of the second block so that the first hinge rotates about an first axis that that is perpendicular to the plane formed by the first horizontal platform. It is also preferred that the second hinge be connected  
15 between the third block and the second vertical corner of the second block so that the second hinge rotates about a second axis that that is perpendicular to the plane formed by the second horizontal platform. In the preferred embodiment, the first vertical corner of the second block is diagonally opposite from the second vertical corner of the second block.

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